GOLDEN GOALIE
THE JETS HAVE A LOT RIDING ON PAVELEC
{page 18}

CAPTIVATING COWICHAN
THERE'S MORE HERE THAN SWEATERS {page 21}

ZOMBIE 101
NO BRAINER: ZOMBIES ARE KING OF THE UNDEAD {pages 14-17}

WINNIPEG metro®

Wednesday, October 12, 2011
www.metronews.ca

News worth sharing.

Say. Cheese

▶ Boys in the Royal Winnipeg Ballet's recreational school audition yesterday for a part as dancing mice or Mounties in the RWB's upcoming performance of The Nutcracker, Tchaikovsky's holiday classic.

JAMES TURNER/METRO

A hard nut to crack

Trial in wrestler's murder soon in jury's hands

Crown, defence wrap up arguments Three accused have pleaded not guilty in beating death of Ivan (Big John) Radocaj

JAMES TURNER
@METRONEWS.CA

The fate of three people charged in a tangled murder-for-hire case involving a former Manitoba pro wrestler will soon be in the hands of a Winnipeg jury.

The Crown and defence lawyers for Melody Sanford, Donald Richard and Rita Cushnie offered their closing arguments to the six-man, six-woman jury yesterday.

Today, Justice Colleen Suche of the Court of Queen's Bench is expected to ask them to retire and reach a verdict on charges that could send Sanford, 47, Cushnie, 57, and Richard, 35, to prison for life with no chance of parole for 25 years.

The three are alleged to have carried out a plot to kill Ivan (Big John) Radocaj, 43, in his rural Manitoba home on Sept. 12, 2007.

A friend found Radocaj beaten to death two days after Richard and others are accused of lying in wait at the home and attacking him at Sanford's behest.

"Sanford was able to convince Richard, Cushnie and others that Radocaj had to be murdered," Crown attorney Brian Bell told jurors yesterday.

Sanford and Radocaj were married for a brief time but were separated. Cushnie is Sanford's friend and Richard is Cushnie's son.

Bell told jurors that the evidence they have seen over the past weeks points to a verdict for all three of first-degree murder and conspiracy to commit murder.

However, Sanford's lawyer, Ryan Amy, used his closing statements to poke at key parts of the prosecution's case, including the evidence given by the Crown's star witness.

Timothy Richard was initially charged as a co-conspirator but was offered an immunity deal in exchange for his testimony.

Amy questioned his motivation for coming forward to police, suggesting the deal he made was "suspicious" and likely done to escape serving jail time.

"There was a carrot. He followed that carrot all the way to an immunity agreement," Amy said.

Amy also argued that a statement Sanford made to RCMP implicating herself in her husband's killing doesn't support a conviction for the most serious charge in Canadian criminal law.

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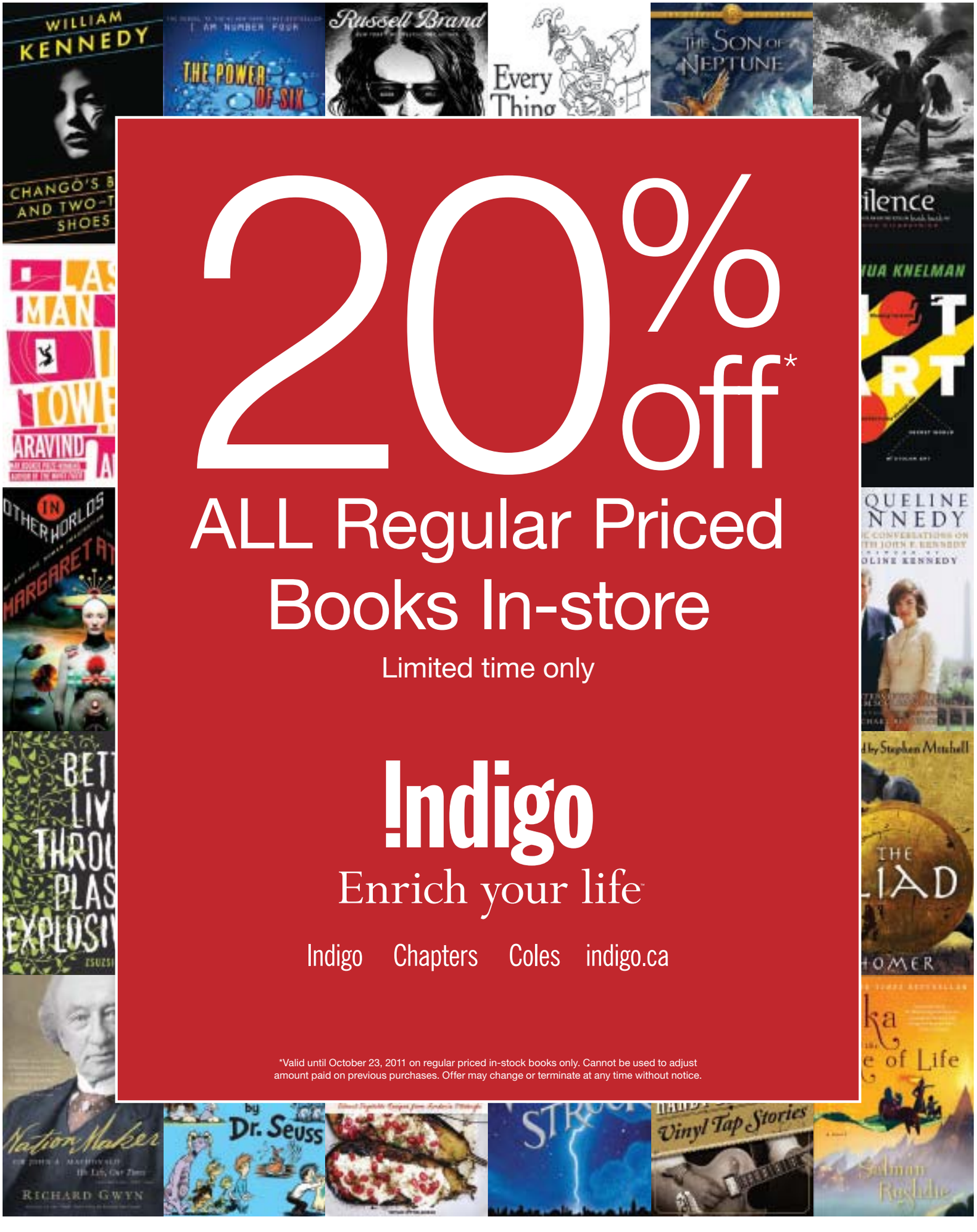

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Back to class for Laura Secord students

Nearly 600 students from a Winnipeg school damaged by fire last week will return to classes today — but it won't be in familiar surroundings.

Instead, kids who attend Laura Secord, a Wolseley-area nursery–Grade 6 school, are being asked to make their way to four other city schools while repair crews continue their work.

The school suffered extensive smoke damage after construction materials caught fire near the southeast end of the school over the lunch-hour one week ago.

There were no injuries, but the damage has been estimated at $1 million.

Plans are in place to keep students at the alternate schools through Friday.

The Winnipeg School Division is posting updated information — including busing plans — on its website at wsd1.org.

METRO

Where they'll go

- **Grades 1-6 (French Immersion):** Sir William Osler, 1600 Grant Ave.
- **Grades 1-6 (English track):** Mulvey School, 750 Wolseley Ave.
- **Alternative Program:** Wolseley School, 511 Clifton St.
- **Nursery and Kindergarten:** Robert A. Steen Community Centre, 980 Palmerston Ave.

Grain. Exchanged

▶ The Grain Exchange Curling Club on Fort Street is demolished yesterday afternoon. The club is being torn down to make way for a new heritage park and interpretive centre at Upper Fort Garry.

JOLAINE THOMAS/SUBMITTED

Curling club hit with take-out by heritage park

Cabbie cleared of sex assault charge

Denies any wrongdoing ◐ 'I swear to God, I did not do this thing'

JAMES TURNER
@METRONEWS.CA

Manitoba Justice has dropped a sexual assault charge against a city cab driver accused of accosting a woman in the front seat of his cab.

The development presents an interesting quandary for the Manitoba Taxicab Board (TCB), which has pulled and then reinstated Gurmail Plaha's cab licence a number of times over the life of his case, triggering legal battles regarding the oversight body's powers.

Crown attorney Krista Peteleski elected to stay the charge against Plaha, 51, yesterday, court records show. No reason was given and the charge was stayed outside of court.

Winnipeg police and the TCB investigated him in November 2009 after a female passenger came forward complaining she had been groped.

"The driver threatened [her] that if he found out that she informed anyone of the incident, that he would return and harm her," the taxicab board said in court documents.

His licence was suspended, but quickly reinstated after police initially decided not to lay charges.

However, a subsequent investigation last year led police to formally charge him, prompting the TCB to again pull Plaha's licence.

Plaha, a family man, twice took his case to Manitoba's highest court over the power of the board to pull his licence. One appeal was adjourned, the other he lost.

TCB secretary Joan Wilson said it's up to Plaha to come back before the board to ask for his licence back. However, it's not automatic that they will, despite the charge being dropped.

1 news

A new study shows evidence of a link between vitamin E and prostate cancer.
Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

John Baird does his best to ingratiate himself to his hosts in Libya by making a new financial commitment. Video at metronews.ca/canada

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CONTRIBUTED

▶ Natasha and Ryan Derouchie may soon be hearing the pitter-patter of little feet.

Oh baby! An IVF surprise

Five couples rejoice as radio station expands $35,000 fertility prize

JOE LOFARO
@METRONEWS.CA
METRO CANADA IN OTTAWA

For five years, Natasha and Ryan Derouchie have been trying to have a baby.

Now they could be close to making that dream a reality.

Just like four other couples.

The Derouchies were one of five finalist couples in a Win A Baby contest on Ottawa radio station Hot 89.9.

Only one couple could win — until yesterday.

Much to everyone's surprise yesterday morning, radio host Jeff Mauler announced that all five couples had won up to three fertility treatments.

"There was lots of crying. We pretty much sobbed … just holding each other. My phone was going crazy," said Natasha, 30.

"We're still trying to absorb it because it's really a dream come true."
NATASHA DEROUCHIE

Doctors had told Natasha and Ryan the only way they could conceive was through in vitro fertilization (IVF).

The high cost of the procedures held them back, but now they've won the three fertility treatments valued at $35,000.

The contest didn't sit well with everyone, though. Several listeners blasted the radio station for putting human life up for grabs in a contest.

Natasha countered that Hot 89.9 was trying to raise awareness about infertility.

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MAYRA BELTRAN/ THE ASSOCIATED PRESS

▶ Rapper Bun B unites with protesters staging at city hall yesterday in Houston.

Marching for 99%

NYC protesters express concern over "millionaires' tax" expiration in December Hundreds cry out across U.S.

Hundreds of protesters, emboldened by the growing national outcry against what they see as the greed of Wall Street, streamed past the homes of some of the country's richest residents Tuesday in a "Millionaires March."

Members of the Occupy Wall Street movement and other groups walked up the sidewalks of Manhattan's East Side, along world-famous streets lined with swank apartment towers.

Protesters have been camped out for weeks in lower Manhattan's Zuccotti Park saying they're fighting for the "99 per cent," of Americans who do not fall into the wealthiest one per cent of the population.

Several hundred protesters were arrested in New York more than a week ago after police said they ignored warnings not to block traffic on the Brooklyn Bridge.

Their causes range from bringing down Wall Street to fighting global warming. The movement gained traction through social media, and protests have taken place in several other U.S. cities. THE ASSOCIATED PRESS

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WHAT WILL GERMINATE IN YOUR CAPSULE?

JUST SAYIN' ...

PAUL SULLIVAN
METRO

I'm not sure what bacteriologist Edward Durham was thinking back in 1897 when he put a vial of intestinal bacteria in a time capsule, but whatever it was, he should have thought it over.

Not only do we have to worry about new diseases from birds and barnyard animals, now they're coming at us from 114 years in the past.

Time capsules are designed to be opened in the future, and the future arrived last week when a building at Bellevue Hospital in New York was demolished, exposing a time capsule including the scientist's little gift and a note asking future generations to "let us know how long these spores last."

Well, Ed, we'll get back to you. I might add we're lucky they weren't active and belong to a type of bacteria that has been successfully treated by antibiotics, a post-1897 invention.

"LOL if you must, but what goes into your time capsule? Downloads of Two and A Half Men? DNA from your dog? An Ikea catalogue? The iPod or the iPad? Both?"

Which leads you to wonder: what else is out there buried in a box from the past that could have interesting consequences if opened before Christmas?

Here's just a partial list from time capsules buried in various cornerstones around the world: silk condoms, false teeth, bikini bottoms, Life magazine, a kewpie doll, various grain seeds, messages from Albert Einstein, and even a car. Not toxic, per se, but what are they supposed to make of all that junk in the year 7000 AD?

Still, we continue to bury our civilization's flotsam and jetsam in structures that don't last 50 years, never mind 5,000. Or we shoot them into space, needles in a cosmic haystack. We do it because we hope that someone will be there and if they are, they need to get it right, dammit.

It's a way of bestowing immortality upon ourselves. And certainly, the only way any of these Just Sayin' columns will ever survive is to slip them in a time capsule between the bikinis and false teeth.

LOL if you must, but what goes into your time capsule? Downloads of Two and A Half Men? DNA from your dog? An Ikea catalogue? The iPod or the iPad? Both?

Let's say this stuff actually survives 5,000 years and is dug up. Will our descendants be able to decode our little blasts from the past? The origin and meaning of an 8-track could be as obscure as a cave painting.

Anthropologists, when they don't have a clue, always play the religious ritual card.

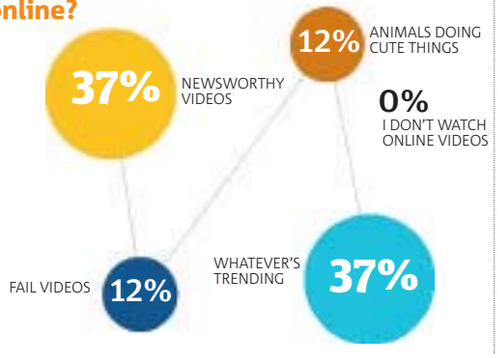
So in 7011, when they open up the Charlie Sheen Violent Torpedo of Truth Tour Video, it's possible a new religion will be born.

That's if God still has a sense of humour at that point.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Register at metropolitanpanel.ca and take the quick poll

What type of video do you watch most online?



Local tweets

- **@DW Tomalin:** Crime doesn't pay... Unless it's a highly lucrative crime. In which case it can pay very well. Perhaps even better than a legitimate job
- **@kaayarenas:** Chill out lady behind me, if u hate the bus, don't ride on it! Its as simple as that! Don't go swearing at little kids PLUS its traffic! -_-
- **@gregglatz:** I'm eating beta vulgaris as I type this afternoon. Otherwise known as chard, which is otherwise known as spinach beet. Tastes good.
- **@SpenNels:** Just once I'd like to spend the first 20 minutes at work being a comfortable temperature. Why is it always so hot? :c
- **@frankieguad:** On Break...I wanna take a nap..or shots..either way Im happy. #getmeout
- **@Bailiep:** Thanksgiving leftovers for lunch #yummy
- **@robotspeaks:** I have nothing interesting to say. That is all.
- **@inc0gnico:** This is seriously impossible to answer. RT @hannahmikt: What is the best restaurant in #winnipeg ?

Letters

RE: Jessica Napier's column published Oct. 11, What's in a maiden name?

Although I think the article was well written and thought provoking, I was surprised that, for a woman who writes from an informed and feminist perspective, she used references such as "Mr. and Mrs. His First and Last Name" and "Taking your husband's name." The article was written with gender assumptions and from a heterosexist perspective which made a good article disappointing in the end.

CHARLENE CREWS, TORONTO

RE: Air Canada attendants reject second deal, published Oct. 10 on metronews.ca

It deeply saddens and worries me to see the Harper government acting like a dictator in its excessive interferences in the labour disputes.

As the strike by flight attendants is looming, the government is threatening to come out with its stick and use it to force the employees back to work as if we live in a communist or fascist country.

ABUBAKAR N. KASIM, TORONTO

Afghan. Life

▶ Afghan children enjoy a swing ride set up in a cemetery outside Sakhi shrine in Kabul, Afghanistan yesterday.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Photo of the day

WEIRD NEWS

Who nose?

Simply blowing your nose could now produce energy-making results as scientists have discovered a way of converting human breathing into electricity.

Professor Xudong Wang and his team have made a tiny device that generates a small amount of electricity when a low-speed airflow such as human respiration passes over it.

The engineers at the University of Wisconsin-Madison used a special plastic named polyvinylidene fluoride that can produce an electrical charge in response to a mechanical stress, a phenomenon known as the 'piezoelectric effect.' This plastic was small enough to be put inside a human nose.

"We calculated that if we could make this material thin enough, small vibrations could produce a microwatt of electrical energy that could be useful for sensors or other devices implanted in the face," Wang says. The engineer added that airflow from a human breath travels at less than two metres per second.

One microwatt of energy may sound minuscule but it is enough to power biomedical devices such a heart pacemaker or a diabetic's glucose monitor.

METRO WORLD NEWS

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GRAHAM HUGHES/THE CANADIAN PRESS

▶ Air Canada employees hold a rally at Pierre Elliott Trudeau airport in Montreal yesterday after talks over pay and conditions between unions and management broke down. The federal government is considering its options on how to handle a renewed threat of a strike at Canada's largest airline.

Feds buy some time sending strike matter to the CIRB

Union set to resume talks if key issues addressed
Unclear why two agreements rejected by members

The federal government is moving to prevent a strike Thursday by Air Canada flight attendants by sending the matter to the Canada Industrial Relations Board for review.

Labour Minister Lisa Raitt told CTV News that a reference will be sent to the board today asking it to examine the difficulties in winning ratification of two tentative agreements reached by company and union negotiators.

"While the matter is before the CIRB, there cannot be a work stoppage," Raitt said from Vancouver.

The latest twist in Air Canada's troubled contract negotiations comes after members of the union rejected the latest agreement, which was supported by leaders of the Canadian Union of Public Employees.

"Our members are clearly frustrated, and are demanding their sacrifices over the past 10 years be addressed," said Jeff Taylor, president of the Air Canada Component of the Canadian Union of Public Employees. "Air Canada must be prepared to move on our key issues."

The tentative deal was reached Sept. 20 with the help of a federal mediator appointed by Raitt and the threat of back-to-work legislation.

The reference buys the government time to pass back to work legislation once the House of Commons resumes Monday. Air Canada would operate a partial schedule if a strike occurred.

THE CANADIAN PRESS

Campaign action

- Garda Security Group, contracted by the Canadian Air Transport Security Authority, suspended 74 screening officers at Pearson International Airport after they staged a work-to-rule campaign yesterday.
- Air Canada and the Greater Toronto Airports Authority reported some delays yesterday morning, but said things were moving fairly well later in the day.

Switch failure for RIM

The maker of the BlackBerry said yesterday the problems that plagued millions of users for a second day were caused by a core switch failure within the company's network. It is now working to clear the backlog.

BlackBerry users in Europe, the Middle East, Africa, India, Brazil, Chile and Argentina were affected.

THE CANADIAN PRESS/WITH FILES FROM THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 287.19 (11,875.55)	+ 0.98¢ (97.29¢ US)

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Nova Scotia Nominee Program, Economic Stream Refund

If you paid fees to the Economic Stream of the Nova Scotia Nominee Program, **you might be able to get some money back from the Province of Nova Scotia**. Read this to find out more.

What is this about?

A lawsuit was started against the Province of Nova Scotia in 2009. The goal was to get a refund for people who applied for and paid fees into the former Economic Stream of the Nova Scotia Nominee Program. The Supreme Court of Nova Scotia has now certified that lawsuit as a class action. Your legal rights may be affected. The lawyers for both sides have made a deal that would give a refund to eligible people. The Supreme Court of Nova Scotia approved the settlement as fair and reasonable.

Am I included?

You are if you (1) paid money to Nova Scotia under the Economic Stream of the Nova Scotia Nominee Program, (2) landed and obtained permanent resident status in Canada, and (3) did not already get a refund. As long as you told the truth in your application and immigration filings, you should be eligible for a refund.

What does this mean for me?

If you are a Class Member, your legal rights are affected. You will benefit from any settlement, but you must give up your right to sue the Government of Nova Scotia on your own.

How much will I get?

If you were not paid anything under a business mentorship, you will get $63,750 back if your claim is approved ($75,000 less an approved 15% fee of $11,250). If you were paid under a business mentorship, the amount you were paid will be deducted from $75,000. The 15% fee will be taken from the net amount.

Do I have to pay anything out of my own pocket?

No. The lawyers' fees have already been accounted for in the amount set out above. You will not be billed. The Supreme Court approved the lawyers' fee as fair and reasonable

How do I get my money?

You have to fill in a Claim Form. A copy of the Claim Form can be found at *http://www.branchmacmaster.com/nova-scotia-immigration/*. You must mail, fax, or email in the form by **May 4, 2012.**

What if I do not want to take part?

If you do not want to take part, you have to opt out. If you opt out, you will not get any benefit from the settlement. You will have to sue the Government of Nova Scotia on your own if you wish to recover anything. To opt out, go to *http://www.branchmacmaster.com/nova-scotia-immigration/*, download the opt out form, and submit it to the address listed. If you want to opt out, you must do so before **Jan. 5 2012.**

What if too many people opt out?

If more than 50 people opt out, the Province has the right to cancel the settlement. Neither the Province nor the lawyer for the class expect this to occur however.

I have other questions.

For more information, visit *http://www.branchmacmaster.com/nova-scotia-immigration/*. If you still have questions, just contact the lawyer appointed by the court to act for the class, Greg McMullen at Branch MacMaster LLP, at *gmcmullen@branmac.com* or *604-631-2560*.

NOVA SCOTIA

2 scene

Hollywood horror

Tinseltown loves to recycle • It seems the horror remake factory is working overtime

HANDOUT

▶ The Thing, opening this weekend, is one example of a horror remake.

RICHARD CROUSE
SCENE@METRONEWS.CA

Hollywood is so into recycling you'd think Al Gore was running a studio and green lighting movies. This year alone we've seen reimaginings, reboots and redos galore, from Straw Dogs and Footloose to Conan the Barbarian and The Mechanic.

It seems Tinseltown never met an idea it couldn't endlessly recycle.

This is particularly true in the horror genre. In the last 12 months, Colin Farrell clipped on Chris Sarandon's used fangs in a remake of Fright Night, and this weekend, The Thing is, according to IMDB, "a prequel to a remake of an adaptation of the novella Who Goes There?" Whatever it is, original it's not.

Not that all original horror films are better than their remakes. David Cronenberg's dark vision enhanced the story of The Fly, delivering the real scares that the campy 1958 version lacked, and 1978's Invasion of the Body Snatchers is far creepier than its cinematic predecessor.

The Blob, the tale of what happens when germ warfare goes awry, has been made a couple of times.

The original is an unintentionally funny flick with more giggles than gore, but it inspired a sequel, a remake and, if the rumours are true, a bloody revamp by horror maestro Rob Zombie.

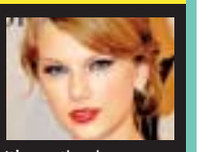
I have a soft spot for the low-budget charm of the 1958 version, although the 1988 reboot has a smarter-than-it-needs-to-be script co-written by Frank Darabont and a cool tagline — "Scream now! while you can still breathe!"

Count Dracula is one of the most portrayed characters on the big screen, having appeared in more horror films than any other famous monster of filmland. Eighty years after he first portrayed the vampire in the 1931 film Dracula, Bela Lugosi is still the most famous blood sucker of them all, although for my money, two British actors — Gary Oldham in Bram Stoker's Dracula and Christopher Lee in Horror of Dracula — are tip-top Transylvanians.

Unlike his work in Scream, Wes Craven's early films didn't have any of the self-depreciating humour to go along with the scares.

His first movies were brutal, bloody and grim, usually all at once. Recent remakes of The Last House on the Left — rated R for "sadistic violence" — and The Hills Have Eyes — "The lucky ones die first!"— don't have quite the impact of the Vietnam era originals, but still require a strong stomach.

Scene in brief



It's another honour for Taylor Swift. The country music superstar has been crowned Woman of the Year by Billboard magazine.
The 21-year-old multiplatinum singer-songwriter is the youngest to receive the award. The announcement was made Tuesday. She will be honoured at the 2011 Billboard Women in Music event in New York on Dec. 2.
THE ASSOCIATED PRESS

Why children of the '80s are so appalled by the prospect of a Footloose remake.

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Rihanna happy for her ex

Two years ago, Chris Brown pleaded guilty to assault on then-girlfriend Rihanna Now the 'Sexiest Woman Alive' says she wishes him all the best

Rihanna says she resented Chris Brown for a time, but has put that behind her and is happy that her former boyfriend has found success in music again.

Rihanna tells Esquire magazine that disliking Brown "was taking up too much of my time" and that she has moved on from that.

"It was too much anger," the 23-year-old said.

"I'm really excited to see the breakthrough he's had in his career."

Brown, 21, is serving five years of probation after pleading guilty to felony assault for the attack on Rihanna in the early morning hours before the 2009 Grammys.

Graffiti, the album he released 10 months after the attack, was a commercial disappointment.

But his latest release, F.A.M.E. (Forgiving All My Enemies), debuted at No. 1 on the Billboard 200 albums chart in March; it reached gold status and has multiple pop and R&B hits with songs like Look at Me Now and Deuces, among other tracks.

"It's incredible to see how he pulled out the way he did. Even when the world seemed like it was against him, you know?" Rihanna said.

"I really like the music he's putting out. I'm a fan of his stuff. I've always been a fan."

ESQUIRE/THE ASSOCIATED PRESS

▶ Rihanna on the cover of Esquire's November issue.

Rihanna has done well musically, too: Her albums following the attack — Rated R and Loud — have both gone platinum, and she's releasing a new album, Talk That Talk, next month.

Whole package

Esquire named Rihanna its Sexiest Woman Alive for 2011.

The November issue of the magazine hits newsstands on Oct. 16.

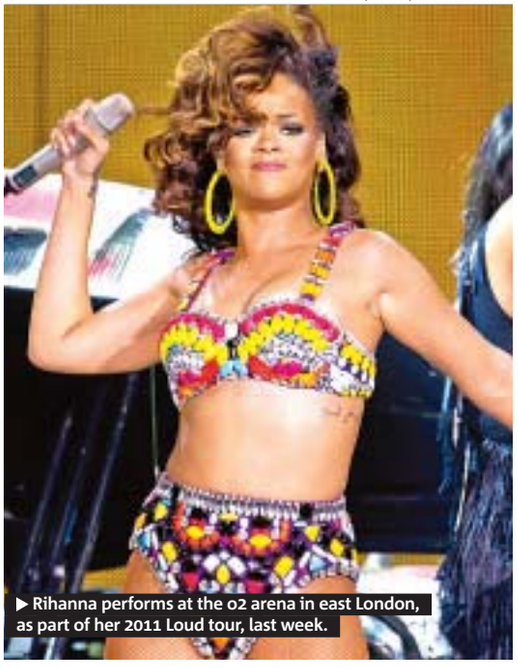
Her latest single, We Found Love, is her 20th song to hit the Top 10 on the Billboard Hot 100 singles chart since she debuted in 2005.

Overall, she says she wants to see Brown do well.

"I would never wish anything horrible for him. Never. I never have," she said.

THE ASSOCIATED PRESS

JOEL RYAN/THE ASSOCIATED PRESS



▶ Rihanna performs at the o2 arena in east London, as part of her 2011 Loud tour, last week.

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Demi and Ashton play happy family

Couple hits the woods with their Kabbalah teacher Rumours still swirling about their relationship

Ashton Kutcher and Demi Moore spent the Yom Kippur holiday getting away from it all, camping near Santa Barbara, Calif., with their Kabbalah instructor in tow, according to Hollyscoop.

The couple didn't seem at all pleased when spotted by other campers, though.

"Demi was screaming 'Please don't take photos of me or my family. Please don't expose this,'" a source says.

"Once she knew she had been photographed, she whistled at Ashton and gestured for him to hurry into the tent. It was obvious that Demi was showing the strain about the state of her marriage."

METRO

ALL PHOTOS GETTY IMAGES

▶ Ashton Kutcher and Demi Moore

Baby was planned, Beyoncé says

Beyoncé, whose first child is due in February, says she intentionally waited before getting pregnant for the first time.

"It was important to me that I gave myself time to focus on becoming the woman I want to be, building my empire, my relationship, and my self-worth, before I became a mother," she tells Harper's Bazaar.

"Now God has blessed us with the ultimate."

Also carefully planned? The announcement about her pregnancy, made at the MTV Video Music Awards.

"I put a lot of thought into how I wanted to unveil it. It was important to me that I was able to do it myself," she says. "I decided to say nothing and proudly show my baby bump. I felt it was more powerful to see the love and enthusiasm as opposed to saying anything."

METRO

▶ Beyoncé

Bump gossip

Jess to go public

ON A POTENTIAL MINI SIMPSON. After months of speculation, Jessica Simpson is reportedly gearing up to announce her pregnancy, a source close to Simpson's fiancé, Eric Johnson, tells Radar Online.

"It's still early in the pregnancy, and Jessica has decided to wait before sharing her happiness with her fans," the source says.

"But she has begun telling family and friends the exciting news."

Simpson is expected to go public with the news as an exclusive for a magazine, the website claims. METRO

Duff's stuff

HILARY'S AN INCUBATOR. Hilary Duff admits that pregnancy is proving to be a strange experience.

"It's literally like an alien has taken over your body. One day I'll have a good day, and one day I'll have a bad day, and it kind of goes like that," Duff tells MTV News.

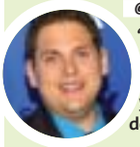
Good day or bad, Duff has her suspicions about the baby's gender.

"Everyone else says it's a girl, but I think it's a boy. I'd be happy with a girl. I don't care what I get, but every time I think about it or dream about it, I see a boy," she says.

METRO

Celebrity tweets

"If future historians look back 2 the blogs of our day 4 reference material it'll be a piss poor account of who we r. Or is that who we r?"
@JimCarrey


@JonahHill
"Every urinal has no-flush technology if you just don't care."

@rosemcgowan
"In London! Yippee"

@Joan_Rivers
"I asked my grandson, Cooper, if he knew where babies came from. Very smart! He said, 'Of course...Brad and Angelina's house.'"

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Clooney and his new gal laze in Cabo

George Clooney and Stacy Keibler are enjoying autumn by avoiding it all together.

The new couple jetted off to Cabo San Lucas over the weekend, with Keibler posting a photo on Twitter of a palm tree-lined, beachside swimming pool with the comment, "Chasing the last days of summer."

Clooney and Keibler, who celebrates her 32nd birthday Friday, "have great physical chemistry," a source tells Us Weekly.

"George is very sweet to Stacy. He gives her a lot of attention and is always complimenting her."

METRO

▶ George Clooney

Shamrock and roll

Matt Kelly is the drummer of the Dropkick Murphys, Boston's famous Irish-American punk rock band He shares his favourite spots for sports and soaking up Boston's Gaelic heritage

MATT KELLY
LIFE@METRONEWS.CA

I grew up 65 kilometres from here, so this is my capital city. My family all lives in the area — we're all New Englanders.

Where I live has a neighbourhood feel; you're in the city but you know your neighbours and the kids all play hockey in the street. I've been to a lot more U.S. cities that are a lot more sterile, and this town has more of an old-world feel.

There's a lot of history here. I like the people. It's a walking city so you can walk from place to place; it's not sprawled out. I've been everywhere in the world and I love coming back. It's a unique place in the U.S. and in the world.

METRO NEWS BOSTON

▶ Boston is known for its strong Gaelic tradition.

First time?

There are tours you can take, from walking tours like the Freedom Trail as well as the Duck Tours that take you round the city then into the Charles River (bostonduck-tours.com). We have the USS Constitution, a ship that was used in the Civil War (ussconstitutionmuseum.org) near the monument where the battle of Bunker Hill was fought. There's the Institute of Contemporary Art down by the waterfront (icaboston.org) and a wealth of great restaurants and bars and theatre in the south end and downtown.

The Faneuil Hall area is nice, especially if you're coming in the fall or winter. They really dress it up for Christmas.

Stay

When our guys come to town they stay at Hotel Commonwealth.

It's on top of a spot where the Rathskeller Club used to be, which was where the Ramones played their first show in Boston.

Apparently the hotel treats the guys right. Check out the website at hotelcommon-wealth.com.

Sports

Take a tour of Fenway Park, our baseball stadium, which I believe is the oldest in the country (boston.redsox.mlb.com). Ken, our bass player, is involved with a place called McGreevy's. McGreevy was a fellow who owned the original sports bar down in the Fens around the turn of the last century and they resurrected that bar and it has a lot of decorations from the original bar — it's almost like a Red Sox and baseball museum with photos, trophies and banners. You can also get a good pint of Guinness and fantastic chicken wings. at the local haunt ((mcgreevysboston.com).

▶ McGreevy's has fantastic chicken wings.

Live music

There's great independent clubs here, like the Middle East café (mideast club.com), O'Brien's (obrienspubboston.com), and The House of Blues, with live music every day of the week (houseof blues.com). Great Scott is one of my favourites. There's a lack of mid-sized clubs and it holds about 250, so it's great for bands that are just breaking out of the bar scene. Every night of the week you can find live music (greatscottboston.com).

3 life

Travel in brief

The South will rise again — at least on the New York City restaurant scene. According to the 2012 Zagat guide to city dining, Southern food tops this year's trends, thanks to newcomers like Marcus Samuelsson's celebrity magnet Red Rooster and The Cardinal.

THE ASSOCIATED PRESS

Popular Sequoia National Forest trail in California park closed after two giant trees fall.

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Drink of the week

The Canadian Mint

As an evening with friends and family winds down, there is nothing more relaxing than a holiday nightcap. This hot toddy with a Canadian twist will warm your soul and lift your spirits.

- 10 loose mint leaves, plus extra for garnish
- 15 ml (1 tbsp) simple syrup (recipe follows)
- 45 ml (3 tbsp) Canadian whisky
- 90 ml (3 oz) hot water

Place mint in heat-proof glass. Add syrup and muddle gently. Add whisky and top with boiling water. Stir and serve with mint sprig.

To make simple syrup: Bring equal parts sugar and water to a boil. Stir to dissolve and then let cool.

THE CANADIAN PRESS/ GIBSON'S FINEST CANADIAN WHISKEY

TV's Stefano Faita keeps it simple in the kitchen

The host of In the Kitchen With Stefano Faita shares his recipes for Creamy Mixed Mushroom Lasagna and Grandma's Apple Cake Puts emphasis on easy and fresh eats

THE CANADIAN PRESS HANDOUT

This recipe makes eight to 12 servings.

Creamy Mixed Mushroom Lasagna

This lasagna, made with creamy bechamel sauce, is indulgent. "I love all kinds of mushrooms, so it's a nice lasagna with all the mushrooms and bechamel and cheese. It's pretty simple but really delicious," says Stefano Faita, host of CBC-TV's weekday afternoon show In The Kitchen with Stefano Faita.

He adds that it's a great entrée to serve to friends at a dinner party.

Preparation:

1. In saucepan, melt butter over medium heat. Add flour and stir to combine to make a roux. Continue to cook and stir, 2 to 3 minutes. Gradually whisk in milk, making sure to incorporate the roux into milk. Continue to whisk mixture and bring to a boil. Reduce heat and simmer, whisking frequently, until sauce is thickened, about 10 minutes.
2. In bowl, soak dried mushrooms in warm water for 20 mins. Drain. Chop and set aside.
3. Heat 2 large skillets over medium heat. Add 30 ml (2 tbsp) olive oil and 30 ml (2 tbsp) butter to each pan. Divide onion and garlic between 2 pans. Cook until they begin to soften, 2 to 3 minutes.
4. Increase heat to medium high and divide fresh mushrooms and chopped herbs between the 2 pans. Sauté mushrooms until golden brown, 8 to 10 minutes. Add chopped dried mushrooms and continue to cook for 2 minutes. Deglaze pans with white wine and cook until most of the wine has evaporated.
5. Heat oven to 190 C (375 F). Then in a large saucepan of boiling salted water, cook sheets of lasagna in batches, 3 to 4 sheets at a time, until al dente. Immediately plunge them into cold water to stop the cooking process and transfer to a clean towel in a single layer to drain.
6. Butter 20-by-30-cm (8-by-12-inch) baking dish.
7. To assemble lasagna: Add a few tablespoons of bechamel to lightly cover bottom of baking dish. Add, in layers, 2 lasagna sheets, about a quarter of the mushroom mixture, a quarter of the remaining bechamel sauce, 30 ml (2 tbsp) grated Asiago and 30 ml (2 tbsp) grated Parmesan cheese. Repeat 4 times, adding cheese every other layer. For the top layer, finish with just grated cheese, about 125 ml (1/2 cup) of Asiago and 125 ml (1/2 cup) of Parmesan cheese. Add more cheese if you like.
8. Bake the lasagna until filling is hot and bubbling and cheese is golden brown, 30 to 35 minutes. Let lasagna rest 10 minutes before cutting. Sprinkle with parsley and serve.

THE CANADIAN PRESS

Ingredients:

Bechamel Sauce
- 75 ml (1/3 cup) butter
- 75 ml (1/3 cup) plus 15 ml (1 tbsp) flour
- 1.25 l (5 cups) milk
- Salt and freshly ground pepper, to taste

Lasagna
- 60 g (2 oz) dried porcini mushrooms
- Extra virgin olive oil
- Butter
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 kg (2 lb) fresh mixed mushrooms, such as cremini, shiitake and oyster
- 15 ml (1 tbsp) chopped fresh rosemary
- 30 ml (2 tbsp) each chopped thyme and sage
- 75 ml (1/3 cup) plus 15 ml (1 tbsp) white wine
- Salt and freshly ground pepper, to taste
- 10 fresh lasagna sheets
- 250 ml (1 cup) each grated Parmesan and Asiago cheese
- 30 ml (2 tbsp) chopped fresh parsley

Grandma's Apple Cake Preparation:

1. Heat oven to 180 C (350 F). Grease round cake pan with butter; dust with breadcrumbs to coat bottom and sides.
2. In bowl, combine flour, cinnamon and baking powder. Set aside. In a mixing bowl, beat sugar and butter until fluffy. Add eggs one at a time and continue to beat until incorporated. Add yogurt, lemon zest and orange juice. Beat until smooth.
3. Stir flour mix into wet mix a little at a time until batter is smooth. Gently fold in apples, raisins and almonds.
4. Scrape cake batter into prepared pan. Bake until cake springs back when touched and cake tester comes out clean, 40 to 45 minutes.
5. Serve withn dusting of icing sugar.

THE ASSOCIATED PRESS

Ingredients:
- 15 ml (1 tbsp) butter
- 30 ml (2 tbsp) breadcrumbs
- 500 ml (2 cups) flour
- 15 ml (1 tbsp) cinnamon
- 5 ml (1 tsp) baking powder
- 175 ml (3/4 cup) brown sugar
- 125 ml (1/2 cup) butter
- 2 eggs (extra large)
- 125 ml (1/2 cup) plain yogurt
- Zest of 1/2 lemon
- 50 ml (1/4 cup) orange juice
- 2 apples (peeled, diced)
- 150 ml (2/3 cup) raisins
- 150 ml (2/3 cup) almonds

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‘We all have to start somewhere’

STUDENT VOICE

KRYSTAL YEE
TALENTEGG.CA

CONTRIBUTED

Krystal Yee

I graduated in 2006 from the Applied Communication Program at Camosun College in Victoria, B.C. It is a two-year program focusing on graphic design, journalism, broadcast radio, television and photography.

During my program, it seems so cliché to say that I worked hard, but I worked harder than I ever have before because I knew that once I left school with my two-year diploma, I’d probably have to be twice as employable as the graduate who held a degree.

My strategy from the first day of school was to focus on a marketing career. So even though I didn’t take a marketing program, all of the skills I was learning were directly applicable to any job within the marketing realm.

My passion has always been writing, but I did not want to specialize in anything and potentially pigeon-hole myself before I even landed my first job. So by opening up my skill-set, I felt like I could fit into whatever position was needed within a large marketing department, or I could be the go-to person within a smaller company.

Like most students, once I graduated, I had a huge pile of student loan and credit card debt to deal with. I knew I needed to get a job and eliminate my debt as fast as possible, so I kept my ear to the ground and started networking like crazy.

One day, I got word from a friend that there was an unadvertised opening for an entry-level clerk position within the B.C. government. I wasn’t interested in being a clerk, but I decided to apply for the job anyway in order to practice my interview skills.

It turns out they were actually looking for someone with my kind of marketing skills — they just didn’t have the budget to have the position classified as anything higher than a clerk. It was the break that I had been waiting for. I snapped up the job on the spot and started the very next week.

It was also around that time that I started blogging online. I created my website, Give Me Back My Five Bucks (givemebackmyfivebucks.com), as a way to hold myself accountable for my debt, and to give myself an outlet for writing. It was because of my blog that I was able to eliminate all of my debt within 12 months.

Even though I only have a two-year diploma, I feel like I have been relatively successful in the last five years. I don’t have any remarkable skills, a huge network of influencers, or a lot of education to back me up but I’ve been able to succeed because of my hard work, determination, and the ability to create opportunities for myself.

When you are fresh out of school, all you need to focus on is getting your foot in the door. Normally, entry-level positions are not glamorous. In fact, it might not look anything like the dream job you’ve been imagining — but that’s OK! We all have to start somewhere. Do a good job with every task you are assigned, work hard, and be proactive in asking for more responsibility.

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What I learned

Key takeaways from Krystal’s experience.

- Don’t refuse a job because it doesn’t sound like your dream job — it can lead you there.
- Finding a job in a competitive market means you have to stand out and work hard.

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WEDNESDAY, OCTOBER 12, 2011

Zombies Unearthed!

CONTRIBUTED

▶ A scene from the cult TV series The Walking Dead. The show's second season kicks off on Sunday.

Zombie love is a no-brainer

Move over, vampires ◐ Zombies are everywhere and rising in popularity ◐ Soon to be king of the undead

PHYLICIA TORREVILLAS
@METRONEWS.CA

Sparkly vampires are all the rage right now, but zombies are knocking their fellow legions of the undead from their pedestal.

From zombie walks being held in cities across the world to television shows, video games and numerous books hitting the stores, people's fascination with zombies is spreading like a plague.

"Zombies have the upper hand," says University of B.C. film studies professor Ernest Mathijs, whose specialities include horror and fantasy film.

"Zombies are a kind of ingredient you can add to any cultural product and make it look slightly different," he said. "It will turn it into a funny parody of contemporary cultures, and somehow that appeals to cultures across the globe."

The idea of zombies originally came from the voodoo culture in Haiti. The word "zombi" was used to describe a brainless slave labourer raised from the dead by a bokor, or sorcerer.

The now-familiar modern zombie was popularized and turned into a phenomenon in 1968 by way of the unexpected popularity of director George Romero's low-budget horror classic Night of the Living Dead.

"If zombie narratives go further in investing zombies with some capacity for personality and depth of characterization, it will probably come closer to being a variance on vampire stories."
PROF. GISELE BAXTER, UNIVERSITY OF BRITISH COLUMBIA

Gisele Baxter of UBC's English department, who specializes in gothic culture and post-apocalyptic fiction, says Romero's film took the horror genre one step further.

"Romero was influential in spawning everyday horror that doesn't deal with mad scientists or externalized threats, but deals with threats we associate with nightmares, personal threats and very primal fears," she says.

The audience identifies with zombie stories because people today are fascinated and fearful of the possibility of an apocalypse, widespread annihilation or a viral pandemic, Baxter says.

The metaphorical possibilities and themes inherent in zombie stories also appeal to modern filmmakers because they can experiment with notions of what people would do to survive in a kill-or-be-killed world,

Both Mathijs and Baxter have been fascinated by the emergence of new, creative ways of incorporating the zombie factor into popular culture. One recent innovation is the spoof novel Pride and Prejudice and Zombies, which is being adapted into a film.

"When you think of Pride and Prejudice, the last thing you think about is zombies," Baxter says. "The juxtaposition of these immensely different things really fascinated people. Then it spawned a lot of copycat titles, which is very impressive because people found the energy and imagination to do anything with these titles."

Turn yourself into a zombie in five steps

ALL PHOTOS CONTRIBUTED

Step 1 Apply liquid latex over clean skin to create the effect of peeling skin. For a more dramatic effect, mix cotton with latex. Once the latex dries, start peeling edges to get the desired effect.

Step 2 With a make-up sponge, add a grey or green-ish makeup base to entire face and neck. All areas of flesh must be covered in makeup. Pay close attention to the jawline, hairline and hands.

Step 3 Use the black or dark-grey colour from the multi-colour makeup kit and apply shadows with a sponge or brush around the eyes and cheekbones to achieve a sunken-in look.

Step 4 Add fake blood for desired effect and apply tooth stain.

Step 5 To create wrinkles and creases, squint and pucker up your lips while you apply white powder around your eyes and lips with a sponge.

PHOEBE HO

Walking dead to overrun Winnipeg

The undead will walk in Winnipeg again this year — looking for your brain.

The annual Winnipeg Zombie Walk will take place on Friday and start in Stephen Juba Park, then lumber through the Forks before heading for the Leg, presumably to snack on some politician noggin.

"I do it because it's just fun and ridiculous," said Jen Markham, 22. The St. Vital resident said she did the walk last year and plans to amp up her costume Friday.

"Some people just go all out with these, like, spectacular costumes.... Last year I just had a ripped shirt and jeans and blood, but this year I'm going as an undead cheerleader."

Last year's walk attracted thousands, prompting organizers to move the walk, which normally runs down Portage Avenue.

"The zombie walk has grown so large this was basically one of the only options we had left," said organizers in a posting to their Facebook wall.

However, the new path leads down trails and other out-of-the-way places, leading to a spookier atmosphere. ELISHA DACEY

Need to know

Zombie Walk etiquette:
- Respect all traffic laws.
- Stay on public property.
- Stay off of vehicles.
- Do not enter private businesses.
- No drugs/alcohol.
- Do not touch strangers.

Where to rise and walk:
- Start time: 7 p.m.
- Starting place: Stephen Juba Park.
- Walking to: The Forks, then the legislative building.
- Official after party: The Zoo/Ozzy's for DEFCON Z.

JENNA CUMBERS/METRO

Would Winnipeg survive a Zombie Apocalypse?

In a word: No. Thanks to our lack of hills, our lack of winding roads (unless you count Confusion Corner), and our lack of local politicians' ability to react to a given crisis in a timely manner, we're pretty much going to be overrun within 24 hours or so. We're on our own!

So how to survive? Researchers at Carleton University did mathematical models in 2009 that showed going on the offensive was better than trying to quarantine zombies off. So, we need weapons, and we need to defend the city.

Where to find weapons

I have guns and flamethrowers, but I couldn't find the keys to the tank. Now where do I go to pick off zombies?

It's not working! Abandon the city!

BRAAAAINS!

We picked metropolitans' brains about zombies, and here's what they had to say:

The best Zombie Movies ever made were:

Night of the Living Dead	Shaun of the Dead	Resident Evil
R.I.P 21%	R.I.P 18%	R.I.P 16%

If you were faced with it – what would your weapon of choice be to fend off a Zombie attack?
1. Flamethrower
2. Lightsaber
3. .22 cal Assault Rifle

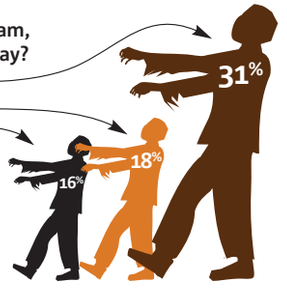
Top Canadian Metro City to escape to in a Zombie apocalypse?
Vancouver!

Which Canadian would make for the scariest Zombie?
Don Cherry

If a loved one was being mauled by a Zombie horde, what would you do?
Help fight off the Zombies with my weapon of choice
63%
Kill them before they turn into a Zombie
29%
Turn tail and run for my life!
8%

In a Zombie apocalypse, would you go it alone or build a team?
Solo
Team

If you were part of a team, what role would you play?
The Strategist
Sidekick
Team Leader



Who would you want on your Zombie fighting team?
1. Chuck Norris
2. Samuel L. Jackson
3. Lara Croft

What is your favourite type of Zombie?
Slow-moving Zombie

Where would be the scariest place to fight a Zombie horde?
Airplane

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Source: Metropolitan Panel Survey; 439 Respondents; October 2011

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ZOMBIE APPROVED

SURVIVE A ZOMBIE OUTBREAK

Just in case you happen to find yourself face-to-face with the undead, here's what you shouldn't do

CHRIS ALEXANDER
SCENE@METRONEWS.CA

It's remarkable how the living dead have defined the post-millennium zeitgeist more than any other pop-culture entity.

From Max Brooks' best-selling novel World War Z (an upcoming film adaptation will star Brad Pitt) to a glut of first-person shooter videogames to mainstream television with AMC's The Walking Dead (now in its second season), the zombie has mysteriously reached the peak of his popularity.

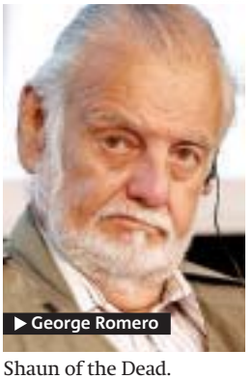
But it's been a long, slow progression, a road littered with taboo and terror, and most of it can be traced back to the brain of one man, the master of zombie lore, George A. Romero.

It was Romero who, in 1968, took the basic thrust of Richard Matheson's shattering vampire apocalypse novel I Am Legend and brought the dead back to life with his game-changing black-and-white masterpiece Night of the Living Dead.

That film would spawn a series of rip-offs, sequels (Romero directed Dawn of the Dead in 1978 and followed that with four more Dead pictures; Dawn was remade in 2004) and eventually spoofs like Edgar Wright's smash-hit comedy Shaun of the Dead.

"Look around, look everywhere, and you'll see evidence of the zombie phenomenon surrounding us, trapping us, ready to eat us alive."

GETTY IMAGES



▶ George Romero

Look anywhere, look everywhere, and you'll see evidence of the zombie phenomenon surrounding us, trapping us, ready to eat us alive.

And that is what's so spooky about the concept of the zombie. They're us, back from our final rest, hungry to devour the people we once loved. Zombies are ugly, grotesque shadows of their former selves. They smell bad, as all their parts have long soured. And they're lethally dumb, driven only by an instinct to kill.

Zombies are not nice, and if, by some sort of biologically bad stroke of viral luck, Romero's fantastical prophecies were to come true, if mankind were to suddenly be under siege from a revolution of the dead ... what would we do?

Or more importantly, what shouldn't we do?

Metro thought long and hard about this and, using commentary from George Romero and his frequent collaborator, iconic FX wizard, director and actor Tom Savini, we now offer you a selection of "do nots" in the face of a potential zombie-geddon.

HANDOUT

▶ The Walking Dead

Do not. Attempt to out-swim the dead

HANDOUT

▶ Land of the Dead

Zombies aren't bears. As a few unfortunate characters in Romero's 2010 horror-western Survival of the Dead discover, they aren't afraid of the water

When rogue SWAT cops go for a dip to escape the ghouls, they soon discover the dead — who, remember, don't breathe — are excellent swimmers and have no problem eating whilst underwater.

Romero: I had underwater zombie stuff in Land and Diary but really played with it here. There is a lot of humour in Survival, but it's also really melancholic, less free-and-easy. Though at this stage of my life, I'm thinking of calling the next one — if there is a next one — Enough of the Dead!

Savini: Forget swimming. I go where there are places to run and things to hide behind, maybe up high, where I can blast away at them and they can't get to me.

See also: Zombie (1979) the Italian Dawn ripoff that sees an underwater zom attack a shocked skinny dipper before doing titanic battle with a great white shark!

Do not. Take the elevator

In Romero's incredibly influential 1978 epic Dawn of the Dead, a handful of survivors land their helicopter on the roof of Pittsburgh's Monroeville Mall and block out the corpses, creating a Shangri-la of material bliss.

But when the ghouls gain entrance as they always do, chopper pilot Fly Boy (David Emge) stupidly takes the lift. And when those doors open up, a horde of flesheaters burst in and ride with him. The following scenes are gory and should serve as a warning to potential zombie survivalists to always take the stairs.

Romero: Dawn is a romp, and I think it's the most entertaining of all the Dead films. I really cut loose and did it as "comic book," as I wanted to do it. But when Fly Boy gets it there's tragedy in there too.

Savini: The other thing Dawn teaches you is that your friends should not know where the hell you're hiding, just in case they become zombies with good memories.

See also:: Resident Evil (2004), in which military types take an elevator to hell and encounter subterranean zombies of both human and canine persuasions.

▶ Survival of the Dead

HANDOUT

▶ Survival of the Dead

Do not. Upload your homemade zombie footage to YouTube

2007's Diary of the Dead saw Romero doing the faux-documentary approach with a bunch of contemporary, tech-savvy kids shooting the zombie outbreak with their camcorders and sticking the resulting mess onto the Internet.

Of course, in their mad quest to "shoot the dead" they forget that cannibal corpses don't give a damn about their 15 minutes of fame, and most of them get gobbled up, regardless of their cinematic pretensions.

Romero: Diary is about that eye in the sky that's watching us all and us pretending the problem doesn't exist. Never a good thing.

See also: The Zombie Ziaries (2007) is a similar first-person British movie where members of a crew try to film the unfilmable and end up players in their own drama.

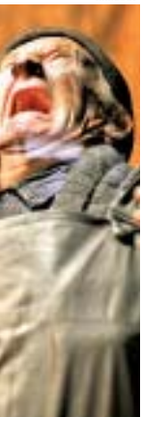
HANDOUT

▶ Diary of the Dead

HANDOUT

▶ The Walking Dead

HANDOUT



Do not. Marginalize or exploit the dead

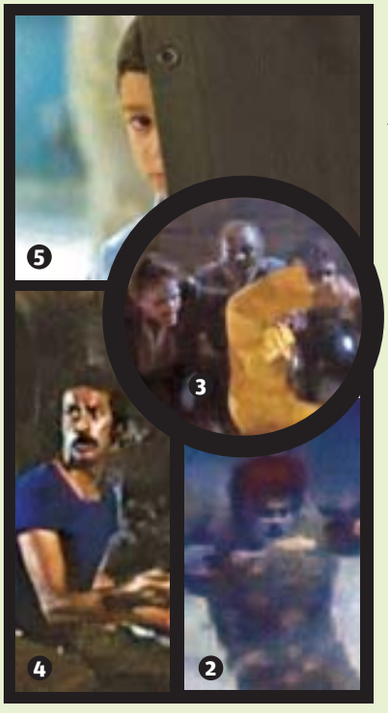
Romero's post-Dawn remake comeback, 2005's Land of the Dead, saw the late Dennis Hopper as a capitalist swine who allows his fellow Republicans to hide in his multimillion-dollar condo while the dead population are hunted and slaughtered beyond his electrified fences. When a burly undead gas-station attendant named Big Daddy (Eugene Clark) tires of seeing his "people" treated as target practice, he leads the zombies into an all-out class struggle attack against their moneyed oppressors.

Romero: I think (Land) was the first time mainstream American critics saw the satire of my work, and I owe it all to George Bush! I think it's all there when Hopper says the line: "We do not negotiate with terrorists."

Savini: I played a machete-wielding zombie in Land, and George's direction was simple: "Slam the s–t out of the guy who comes up to me." So I did.

See also: The Omega Man (1971), in which a zombie-like cult of blinded ghouls try to kill any reminder of corporate America, including sole survivor Charlton Heston.

Top 5 zombie flicks



5 **They Came Back (2004)**
Moody, masterful French chiller about the dead returning and trying to re-integrate themselves into their old lives and families.

4 **Tombs of the Blind Dead (1971)**
This Spanish shocker sees rotten, long-dead, blind templars crawling through crypts, listening for their prey.

3 **Return of the Living Dead (1985)**
What begins as a spoof of Romero's films slowly evolves into a blood-and-brains-soaked nightmare.

2 **Zombie (1979)**
The unofficial Italian prequel to Romero's Dawn, made by splatter master Lucio Fulci. Insane, delightfully disgusting.

1 The No. 1 pick (released in 1978) is fierce, funny and melancholy. To find out its title — and to see clips from all five films — visit metronews.ca/zombies.

CHRIS ALEXANDER, EDITOR-IN-CHIEF OF HORROR FILM MAGAZINE FANGORIA

ANATOMY OF A GHOUL

CHRIS ALEXANDER
SCENE@METRONEWS.CA

HEAD
Bulls-eye! Grey matter is what keeps the walking corpses walking. Destroy it and the zombie goes down ... again!

LUNGS
Nothin' doin'. Zombies don't breathe, remember?

ABDOMEN
Messy? Yes. Effective? No. But it's a trip to see the parts, boots and licence plates that spill out. Just like the shark in Jaws.

KNEES
A great alternative to the head. Removing the zombie's ability to walk or run gives you a chance to relax and concentrate on more important things ... like more rampaging zombies!

Think you'd be the last one standing in a zombie uprising? Try our quiz at metronews.ca/zombies to find out how you'd fare.

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4 sports

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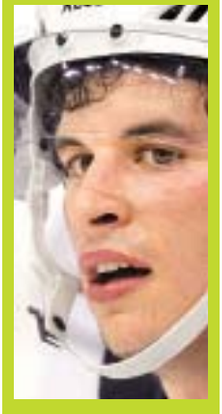

"It's the same as usual — I feel good. It went good today and I'm excited to be home."

SIDNEY CROSBY. CROSBY WENT THROUGH ANOTHER PITTSBURGH PENGUINS MORNING SKATE WITHOUT CONTACT YESTERDAY AS HE CONTINUES TO RECOVER FROM A CONCUSSION.

Detroit. Exhales

▶ Detroit Tigers designated hitter Victor Martinez crosses home plate after a solo home run in the fourth inning of Game 3 of the American League Championship Series against the Texas Rangers. The Tigers trail 2-1 in the series after winning 5-2 in Detroit last night.

CHARLIE RIEDE/THE ASSOCIATED PRESS

Pavelec in position to take Jets to next level

THE HOCKEY NEWS

RORY BOYLEN
WINNIPEG@METRONEWS.CA

Well, the Winnipeg Jets returned in front of a passionately loud crowd hoping for a magical triumph, but it turned out to be a bit of a reality check.

We'll give the Jets the benefit of the doubt on this one, though. With the highly-anticipated Game 1 behind them, the Jets can move on to regular NHL life and work on getting back to the playoffs.

If that's to happen, one player in particular really needs to step up. While we can expect strong performances from Andrew Ladd, Dustin Byfuglien and Tobias Enstrom, the wild-card is in net, where the promising Ondrej Pavelec needs to find the consistency that has been elusive so far in his young career.

There's a lot to like about the 24-year-old Czech, who was taken in the second round by the Thrashers in 2005. I've talked to a few people in the game who rave about Pavelec's skill set and the potential he has to be a real difference-making No. 1.

On the other hand, you have a guy who's averaging a little more than three goals-against per game in his 120-game career with a .907 save percentage that isn't nearly good enough to carry any team anywhere.

To be sure, Pavelec has to be better than he was last year — and he wasn't all that bad in 2010-11. It's just a matter of being able to play at the same high level night after night. He has to be on top of his game in February the same way he has to be in November.

Not that Sunday's opening 5-1 loss to the Montreal Canadiens was Pavalec's fault. A lot of opportunities were coughed up and difficult shots fired his way, so by no means was his opening performance reason to reconsider how effective he might be. The Jets simply weren't exciting or inspiring at all and left two points on the ice as a team.

But it isn't the best way to start. At some point, if you're going to exceed expectations, your goalie has to step up and lead the way.

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Longer and wider

Kia's California-based stylists really sharpened their pencils (or computer programs) in designing the new Rio duo and devised a larger canvas on which to do it.

Both the sedan and hatchback 5-Door are a bit longer and wider than their predecessors and the distance between their front and rear wheels has grown by a leg-stretching three inches.

The sheetmetal is now much more pleasing, especially on the slinkier hatch that has its own grille, bumper and, of course, rear door.

Idle Stop and Go

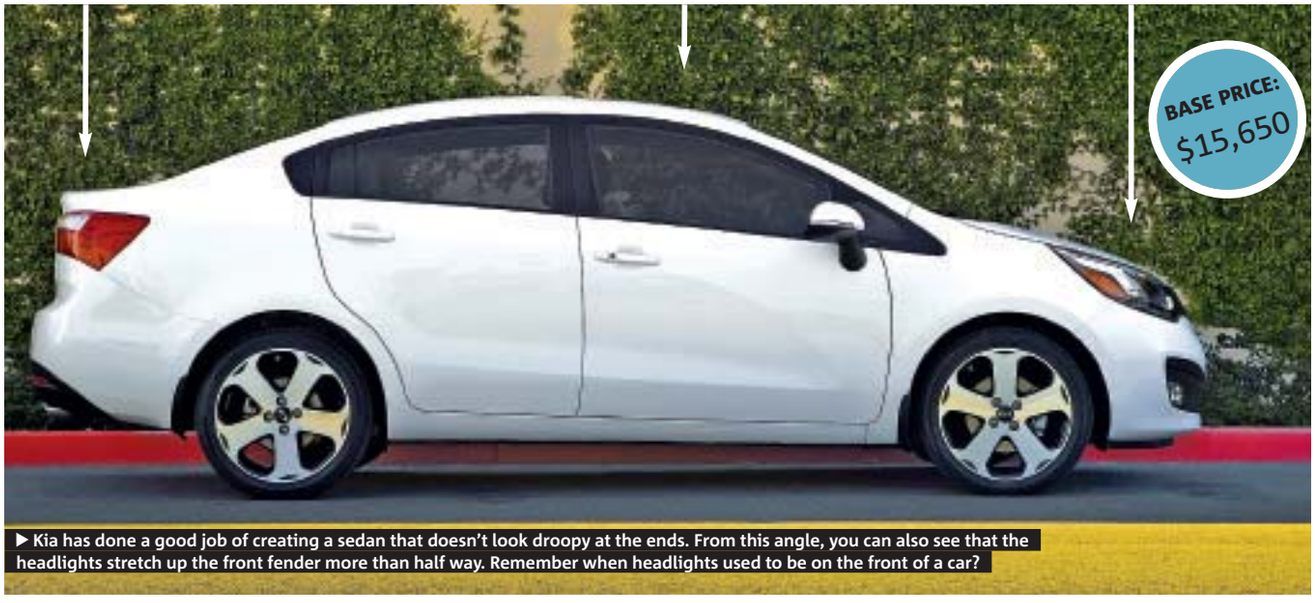
The powerplant's claim to fame is the adoption of what Kia calls Idle Stop and Go (ISG). This feature, available only in combination with the automatic transmission, shuts down the engine when the Rio comes to a complete stop, then instantly fires it up again when the brake pedal is released.

ISG is part of an optional Eco Dynamics Package that includes a special alternator that disengages under high engine load (such as when heading up a hill) to reduce power-sapping drag and improve fuel economy.

Engine

The Rio's power output has been significantly increased. The 1.6-litre four-cylinder produces 138 horses and 123 pound-feet of torque. That's a gain of 28 horses and 16 pound-feet of torque compared to the outgoing 1.6, which is significant on a 1,135-kilogram vehicle.

The lighter-by-13 kilograms engine is connected to a six-speed manual transmission or an optional six-speed automatic.



▶ Kia has done a good job of creating a sedan that doesn't look droopy at the ends. From this angle, you can also see that the headlights stretch up the front fender more than half way. Remember when headlights used to be on the front of a car?

Kia Rio: Good things come in small packages

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

It can now be carved in stone with absolute certainty that the dumbed-down, stripped-bare small-car era is officially over. And we have cars such as the 2012 Kia Rio to thank for pushing high-tech and comfort features down to the lowest limb on the automotive tree.

The all-new Rio sedan and Rio 5-Door hatchback bear little resemblance to their predecessors that took a minimalist approach and backed it up with styling and features that defined utilitarian.

But, hey, that worked for the Rio and its Hyundai Accent relation (Hyundai owns Kia), as well as for just about every other entry-level car on the planet.

It's amazing what a little bar-raising competition has done for what was once the low-rent category. Nowadays, the market is teeming with really decent base rides, including the Ford Fiesta, Toyota Yaris, Mazda2, Honda Fit, Nissan Versa and the upcoming Chevrolet Sonic, to name some of the class leaders.

At a base price of $15,650 for the hatchback (pricing for the sedan hasn't been set yet), the Rio models appear to have established category benchmarks for fashion and substance that will be hard to top, but easy for small-car shoppers to swallow.

Kia Rio

What you should know about the 2012 Kia Rio/Rio 5-Door:

- **Types:** Four-door, front-wheel-drive sub-compact sedan/hatchback.
- **Engine (hp):** 1.6-litre DOHC I4 (138).
- **Transmission:** Six-speed manual; Six-speed automatic (opt.).
- **Mileage:** L/100 km (city/hwy) 6.6/4.9 (AT).

5 drive

By comparison

Ford Fiesta
Base price: $14,500
All-new sedan and hatchback models are easy on the eyes and easy on gas.

Chevrolet Sonic
Base price: $16,000
New Aveo replacement offers lots of power plus good fuel economy.

Honda Fit
Base price: $15,900
Highly practical and roomy wagon with a peppy powerplant.

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2005 Chevrolet Malibu LS MAXX $4,900
167,000 km, Automatic, Fully Equipped, CD Player, Air Conditioning, Rear Moon Roof

2006 Chevrolet Cobalt SS $10,900
80,000 km, Manual 6 Speed, Fully Equipped, CD Player, AC, Supercharged

2006 Linclon Navigator $19,900
123,000 km, Automatic, Fully Equipped, CD Player, Air Conditioning, Sun Roof, 4x4

2006 Nissan Maxima SE $11,900
116,000 km, Auto w/ Manual Mode, Fully Equipped, CD, Air Conditioning, Sun Roof

2006 Avalanche Z71 $15,500
129,000 km, Automatic, 4x4, Fully Equipped, CD Player, Air Conditioning

2003 Dodge Dakota club cab $8,900
157,000 km, 4x4, Automatic, Fully Equipped, AC

2004 Dodge Grand Caravan SE $6,995
93,000 km, Automatic, 4 speed Fully Equipped, CD Player, AC

2004 Maserati Coupe GT $36,900
52,000 mi., Manual, Manual 6 Speed, Fully Equipped, CD Player, AC, MP3 player

2005 Chrysler 300C Hemi $10,900
139,000 km, Automatic, 5 speed, Fully Equipped, CD & MP3 Player, AC, Sun Roof

2005 Ford F250 XLT $16,900
148,000 km, Turbo Diesel, 4x4, Automatic, 5 speed, Fully Equipped, CD Player, AC

A sensible alternative to most coupes

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

A convertible four-seater designed for year-round use, the Volkswagen Eos featured a sleek coupe body capped by a hard-top motorized roof and sunroof assembly — allowing owners to take in the sun and fresh air even on colder days.

An affordable but upscale model, the VW Eos featured navigation, parking radar, Bluetooth, premium audio, xenon lighting, heated leather seating and more.

A long list of safety equipment was also standard.

2007 to 2011 Volkswagen Eos

Engine

All Eos models got a two-litre four-cylinder turbo engine with 200 horsepower. Transmission choices included a six-speed manual and a six-speed Direct-Shift Gearbox (DSG) with paddle shift.

What owners like

Eos's quick-acting top mechanism, nicely-trimmed cabin, fun-to-drive attitude and an overall sporty and refined character is popular with owners. Most of these note that interior space up front is generous given the overall size of the car.

What owners dislike

Eos owners typically wish for more back seat space, better rearward visibility, and more storage space for smaller, at-hand items within the cabin. Limited trunk space is also an issue with some owners.

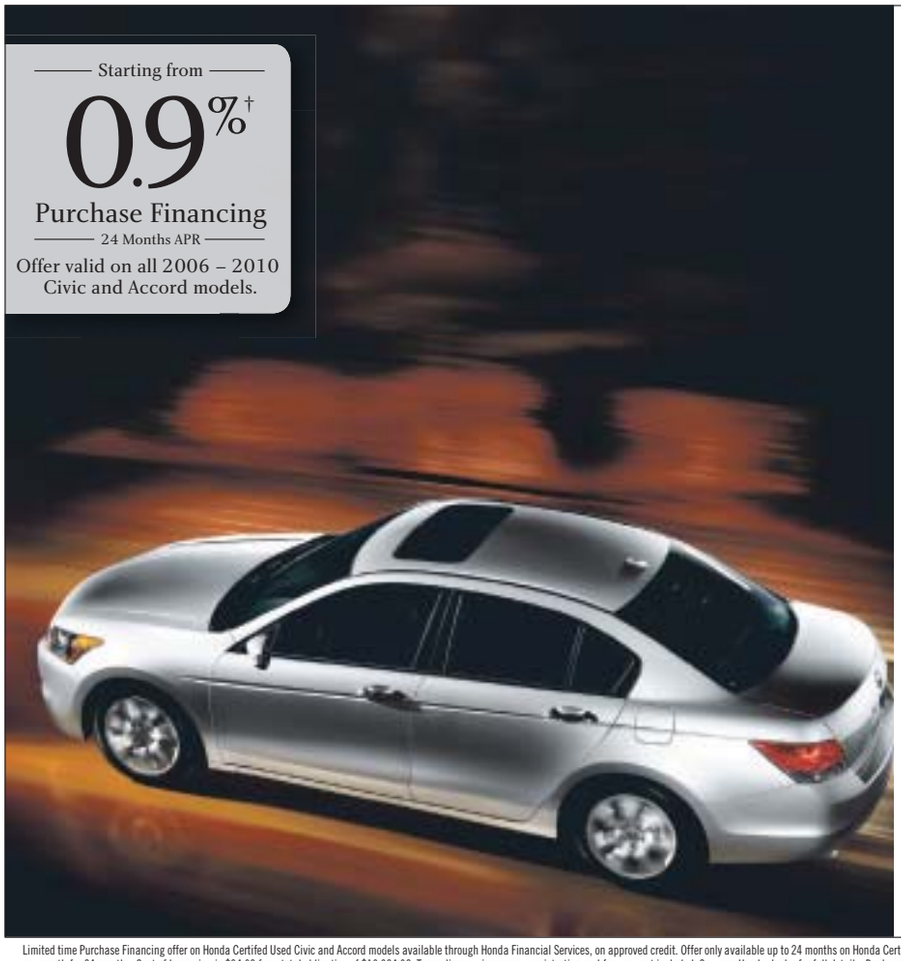
Common issues

Start a test-drive of a potential used Eos by looking for water leaks. Many Eos owners have reported some level of water leakage through the convertible top, so check carpeting, the roof panels and the roof storage area for signs of water damage or dampness.

All on-board electronics should also be tested for proper performance. Note that a rough idle, hesitation, or a check-engine light could be caused by glitch ignition-system parts.

Verdict

Consider the Eos a roomier and more sensible alternative to machines like a Mazda MX-5 or Saturn Sky in the used market — thanks to its back seat and the year-round driving confidence of front-wheel drive.



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FUEL EFFICIENCY FACES INTRIGUING PARADOX

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We instinctively equate fuel efficiency with fuel conservation, but they are completely different concepts. If fact, fuel efficiency can actually lead to more fuel consumption.

CONTRIBUTED

▶ The Chevrolet Sonic

This disturbing notion was first documented in a scholarly way, back in 1865, by the British economist, W. Stanley Jevons.

He argued that the technological improvements, which increased the amount of energy one could extract out of a certain amount of coal, actually led to more coal use, not less. The notion has since been known as the Jevons Paradox.

I had my own Jevons Paradox moment this past weekend. I made an extra run to my ancestral bungalow, 100 kilometres away, mostly because I had access to a very efficient vehicle — the cute and zippy Chevrolet Sonic.

With the Sonic's highway fuel consumption rating of 5.1 L/100 km, the 200 km round trip burned up about 11 litres of regular, at $1.22 per, for an estimated expenditure of about 13 bucks.

If my only vehicle option had been my '67 Jaguar E-type, I wouldn't have went, because the round trip would have cost me about $35 in premium fuel, about $2 in heavy weight engine oil, and about a day or two off my life expectancy, due to the physical and emotional stress of watching the Jaguar's coolant temperature gauge flirting with disaster for two solid hours. But I did have the Sonic, so I went. Net result: I used 11 "more" litres of gasoline than I would have, had I been Sonic-less.

We take more car trips and drive more annual kilometres than we did 40 years ago, and that means we consume more gasoline than we did 40 years ago, even factoring in the fantastic fuel efficiency gains we've made over the same period.

Now, we're contributing significantly less greenhouse gases per vehicle trip, because the vehicles run a lot cleaner, so that's something.

But if we collectively think we'll fix everything by chipping away at the fuel numbers, we won't, because the more fuel-efficient vehicles become, the cheaper it becomes to consume fuel. We're on a path to efficiently consume more and more fuel.

Economists, especially those with a free market bent, tell us there is one, sure-fire way to change consumer behaviour — the brute force of high price.

But do we want a world where fuel prices are so high only the rich get to drive? I say, "nay."

Actually I would say, "nay, nay, really nay." I guess we could also allocate fuel via a voucher system, as used by post-war Britain for many years.

What would really help, however, is if someone came up with a new paradox, one that would be easier to get your head around than Jevons Paradox, and where the outcome would always be awesome.

That's your assignment for this week. No extensions.

Rising numbers

Canadian Gasoline Sales

- 2000: 36.3 billion litres
- 2001: 36.6 billion litres
- 2002: 37.9 billion litres
- 2003: 38.4 billion litres
- 2004: 38.9 billion litres
- 2005: 38.5 billion litres
- 2006: 38.7 billion litres
- 2007: 39.6 billion litres
- 2008: 39.1 billion litres
- 2009: 39.7 billion litres
- 2010: 40.6 billion litres

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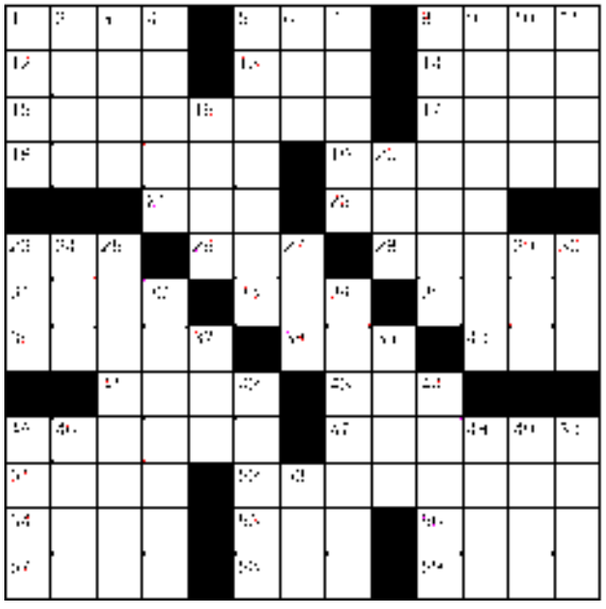
metro

Crossword



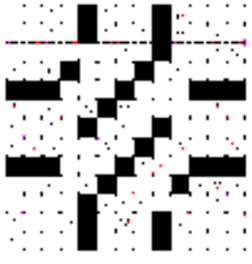
Across

1 Pond film
5 — constrictor
8 Touch
12 Earthenware pot
13 Also
14 California wine valley
15 Imposed a penalty on
17 Soon, in verse
18 Dive of a sort
19 Rickrack
21 Health resort
22 Actress Diana
23 Vacationing
26 Can material
28 Western border lake
31 Eye part
33 Apprehend
35 Simple
36 Hermit, e.g.
38 Standard
40 Lair
41 Mid-month date
43 Shrill bark
45 "— Street"
47 Nervous
51 Genuine (Ger.)
52 Disappeared
54 Genealogy chart
55 Storm center
56 Sound quality
57 Lather
58 Trawler need
59 Luke Wilson's brother

Down

1 Former frosh
2 Hint
3 Arm bone
4 "The Mikado" trio
5 Persian Gulf country
6 Inseparable
7 Tossed into the mix
8 Turn of a phrase?
9 Ostracized
10 "Once — a time"
11 Piquancy
16 Calendar abbr.
20 Period
23 Lubricant
24 To and —
25 Done
27 Siesta
29 Raw rock
30 Still, in verse
32 Tranquilizes
34 Rifle attachment
37 Sleep phenom
39 Eastern princess
42 Most common dice roll
44 Green pasta sauce
45 Collections
46 Beige
48 Indian Ocean vessel
49 Wilder or Hackman
50 Paradise
53 Sailor's assent

▶ Yesterday's answer



Sudoku

	5		9	1	3			
			2					6
	8							1
9							3	8
	2	8	6		4	1	7	
6	1							2
5							4	
8					7			
			1	3	5		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	5	3	9	4	8	7	6	1
7	4	8	1	5	6	3	2	9
1	9	6	3	2	7	5	4	8
9	2	5	4	6	1	8	3	7
4	3	7	8	9	2	6	1	5
8	6	1	5	7	3	2	9	4
3	7	4	6	1	5	9	8	2
6	1	2	7	8	9	4	5	3
5	8	9	2	3	4	1	7	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Kate, I am so glad that we are finally engaged and planning to get married in 6 months. I feel lucky that finally I found my soulmate. You are the best thing ever happened to me. **JEFF**

Natalie, long drive home...nothing to worry..good surfing,,good hiking...good time...just missing you bit.. **ADAM**

Dear "Dolphin Wink" Sorry, dear! I thought you r in trouble with ur job. You r right, probably some others person's word &it "s confused us again. Some story was so similar I thought it's "you"& I've given too much advice, I couldn't believe though. Anyways, glad to hear that you r doing great. I'm happy with my job n everything. Thanks for your concern. Be happy, good luck. **SMILE**

A look at the weather

TODAY	THURSDAY	FRIDAY
Min 11° Max 15°	Min 2° Max 11°	Min 1° Max 10°

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Today's full moon in your sign will motivate you to act quickly and decisively, but don't go too far.

♉ Taurus April 21-May 21 Like everyone else, you have secrets. But there is one secret that will become public today. Own it.

♊ Gemini May 22-June 21 Don't keep your feelings to yourself today — let everyone know what is going on inside your heart.

♋ Cancer June 22-July 22 Be careful how you come across to today. The full moon warns not everyone will see your humour.

♌ Leo July 23-Aug.23 Let someone you are attracted to know that you think they are special.

♍ Virgo Aug. 24- Sept. 22 You will get more done if you take a gentler, less confrontational approach. Imagine how others feel.

♎ Libra Sept. 23-Oct. 23 You may be an open-minded person but today, protect yourself from other people's negative emotions.

♏ Scorpio Oct. 24-Nov. 22 If you are going to make progress on a project of some kind, you first need to stop thinking you can do it alone. Seek help.

♐ Sagittarius Nov. 23-Dec. 21 Today's full moon in Aries will encourage you to take the kind of risk that most people would avoid.

♑ Capricorn Dec. 22-Jan. 20 The less you reveal about your plans over the next two or three days, the better.

♒ Aquarius Jan. 21-Feb. 18 You may be tempted to cut corners and bend rules today but you really don't need to.

♓ Pisces Feb. 19-March 20. There's a chance an employer will try to cheat you out of what is rightfully yours. **SALLY BROMPTON**

Caption contest

CHRIS CARLSON/THE ASSOCIATED PRESS

JEFF MCINTOSH/ THE CANADIAN PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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